## CLAIMS

- 2 I claim as my invention:
- 1. A performance enhancing shoe component for a soccer shoe,

the soccer shoe comprising a shoe upper and at least a sole secured to the upper such that a wearer's foot is positioned within the upper and above the sole, the shoe having a front and a periphery of the front, a middle, a back, and a heel;

the component comprising one or more preformed objects embedded in an outsole body, or the component constituting the entire outsole body, the component causing a soccer shoe in which the component forms a part to operate to deflect, without permanent deformation, in response to an applied load creating a deflecting stress and then to return to its original shape upon removal of the applied load causing the deflecting stress, the component operating to absorb, redistribute and store the energy of localized loads applied thereto through deflection and, by returning to its original shape, to return energy to an object struck by the shoe in such manner so as to impart to the struck object applying the load some portion of the energy produced by the applied load;

the component extending around the periphery of the front of the shoe and extending longitudinally from the front of the shoe towards the back of the shoe, at least to about the middle of the shoe.

- 2. The performance enhancing shoe component of claim 1, wherein the component extends to proximate the heel of the shoe.
- 3. The performance enhancing shoe component of claims 1 or 2, wherein the component is made of only one type of material.
- 4. The performance enhancing shoe component of claims 1 or 2, wherein the component is made of a composite of one or more types of material.
- 5. The performance enhancing shoe component of claims 1 or 2, wherein the component is made of a laminate of one or more types of material.

- 1 6. The performance enhancing shoe component of any one of claims 1-5, wherein 2 the component has one or more shapes in one or more locations within the outsole body 3 depending upon the particular performance enhancing characteristics desired by the wearer.
  - 7. A performance enhancing shoe component for a soccer shoe,

the soccer shoe comprising a shoe upper, a sole secured to the upper such that a wearer's foot is positioned within the upper and above the sole, and a midsole which is located between the wearer's foot and the sole, the shoe having a front and a periphery of the front, a middle, a back, and a heel;

the component including one or more preformed objects embedded in the midsole, or the component comprising the midsole, the component causing a soccer shoe in which the component forms a part to operate to deflect, without permanent deformation, in response to an applied load creating a deflecting stress and then to return to its original shape upon removal of the applied load causing the deflecting stress, the component operating to absorb, redistribute and store the energy of localized loads applied thereto through deflection and, by returning to its original shape, to return energy to an object struck by the shoe in such manner so as to impart to the struck object applying the load some portion of the energy produced by the applied load;

the component extending around the periphery of the front of the shoe and extending longitudinally from the front of the shoe towards the back of the shoe, at least to about the middle of the shoe.

- 8. The performance enhancing shoe component of claim 7, wherein the component extends to proximate the heel of the shoe.
- 9. The performance enhancing shoe component of claims 7 or 8, wherein the component is added as part of the manufacturing process of a new shoe.
- 10. The performance enhancing shoe component of claims 7, 8, or 9, wherein the component is made of only one type of material.
- The performance enhancing shoe component of claims 7, 8, or 9, wherein the component is made of a composite of one or more types of material.

- 1 12. The performance enhancing shoe component of claims 7, 8, or 9, wherein the 2 component is made of a laminate of one or more types of material.
- The performance enhancing shoe component of any one of claims 7-12, wherein the component has one or more shapes in one or more locations within the outsole body depending upon the particular performance enhancing characteristics desired by the wearer.
  - 14. A performance enhancing shoe insert for a soccer shoe,

the soccer shoe comprising a shoe upper and at least a sole secured to the upper such that a wearer's foot is positioned within the upper and above the sole, the shoe having a front and a periphery of the front, a middle, a back, and a heel;

the insert comprising one or more preformed objects embedded in an insole, or the component constituting the entire insole, the insert causing a soccer shoe in which the insert forms a part to operate to deflect, without permanent deformation, in response to an applied load creating a deflecting stress and then to return to its original shape upon removal of the applied load causing the deflecting stress, the insert operating to absorb, redistribute and store the energy of localized loads applied thereto through deflection and, by returning to its original shape, to return energy to an object struck by the shoe in such manner so as to impart to the struck object applying the load some portion of the energy produced by the applied load;

the insert extending around the periphery of the front of the shoe and extending longitudinally from the front of the shoe towards the back of the shoe, at least to about the middle of the shoe.

- 15. The performance enhancing shoe insert of claim 14, wherein the insert extends to proximate the heel of the shoe.
- 23 16. The performance enhancing shoe insert of claims 14 or 15, wherein the insert is 24 added after the shoe has been manufactured and sold.
- The performance enhancing shoe component of claims 14, 15, or 16, wherein the component is made of only one type of material.
  - 18. The performance enhancing shoe component of claims 14, 15, or 16, wherein the component is made of a composite of one or more types of material.

- 1 19. The performance enhancing shoe component of claims 14, 15, or 16, wherein the component is made of a laminate of one or more types of material.
- The performance enhancing shoe component of any one of claims 14-19, wherein the component has one or more shapes in one or more locations within the outsole body depending upon the particular performance enhancing characteristics desired by the wearer.
- 6 21. A soccer shoe including the insert of any one of claims 14-20.
- 7 22. A soccer shoe including the component of any one of claims 1-13.
- 8 23. The inventions substantially as shown and described herein.

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